

APRIL 2006



To register for a class, please call the respective numbers.

Makalapa 473-0247

Kaneohe Bay 257-2131

Questions for Health Promotion: 473-1880 Ext. 282/283

Naval Health Clinic Hawaii Health Promotion presents:

Sexual Health & Alcohol Awareness Month

For additional information and resources visit the Wellness Center or call 473-1880 EXT 282.

Mon	Tue	Wed	Thu	Fri
3	4	5	Sexual Health is: AN INTIMATE PERSONAL RELATIONSHIP FREE FROM COERCION, VIOLENCE, OR RISK OF NEGATIVE OUTCOMES SUCH AS SEXUALLY TRANSMITTED DISEASES OR UNPLANNED PREGNANCY.	7
ALCOHOL USE LEADS TO DESTRUCTION OF LIVER CELLS, FAT ACCUMULATES AROUND THE LIVER, AND CIRRHOSIS, WHICH IS A FATAL CONDITION. ALCOHOL IS ALSO A DIURETIC, WHICH CAUSES THE KIDNEYS TO INCREASE URINARY OUTPUT, CONTRIBUTING TO DEHYDRATION AND PERMANENT KIDNEY DAMAGE.	Makalapa Nutrition / Weight Mgt 1000-1100 K-Bay Tobacco Cessation 1 1400-1500	Makalapa Tobacco Cessation 1 1000-1100 OR 1630-1730		Makalapa Diabetes Self Management 0800-1200
	11	12		15
	K-Bay Tobacco Cessation 2 1400-1500	K-Bay Healthy Heart 0900-1000 Makalapa Tobacco Cessation 2 1000-1100 OR 1630-1730		K-Bay Self-Care 0900-1000
	18	19	20	21
	K-Bay Nutrition/Weight Mgt 0900-1000 Makalapa Nutrition /Weight Mgt 1300-1400 K-Bay Tobacco Cessation 3 1400-1500	Makalapa Asthma 1330-1430 Makalapa Tobacco Cessation 3 1000-1100 OR 1630-1730	Makalapa Healthy Heart 1000-1100 	
	25	26		29
	K-Bay Tobacco Cessation 4 1400-1500	Makalapa Tobacco Cessation 4 1000-1100 OR 1630-1730		K-Bay Self-Care 0900-1000 

* Research suggests that continued alcohol use can cause depression.

* Alcohol robs brain cells of water and glucose.

* When drinking alcohol a person's coordination and perception are affected, causing memory blackouts, lower inhibition, and poor judgment.

